

REMOTE MUSICAL ADVENTURE DAY



ACTIVITY #1 INSTRUCTIONS

GO FOR A WALK IN YOU LOCAL OUTDOOR NATURAL SPACE

PLEASE STICK TO THE GOVERNMENT GUIDELINES ON SOCIAL DISTANCING. THE LENGTH OF THE WALK IS UP TO YOU, IF YOU ARE FOLLOWING THE SUGGESTED/LIVE TIME SCALE MAKE SURE YOU ARE HOME AND READY FOR THE NEXT ACTIVITY BY 1:30PM. YOU MAY WANT TO TAKE A PACKED LUNCH WITH YOU OR EAT AT HOME.

TAKE ON THE WALK:

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| - NOTEPAD AND PEN/PENCIL | (OPTIONAL) |
| - PHONE OR CAMERA TO TAKE PHOTOS | - WATER |
| - APPROPRIATE CLOTHES AND FOOTWEAR | - SNACKS |
| - PERSONAL ITEMS YOU MAY NEED | - PACKED LUNCH |

WHILST ON THE WALK WE ARE GOING TO DO 3 'OBSERVATION STOPS' AS FOLLOWS:

- TOWARDS TO THE START OF THE WALK FIND A PLACE TO STAND OR SIT QUIETLY FOR 2 MINUTES (MAINTAINING SOCIAL DISTANCING). FOCUS OF THE DIFFERENT SOUNDS THAT YOU CAN HEAR AND WRITE THEM DOWN/ DRAWN THEM/ MAKE A VOICE MEMO. TAKE A PHOTO OF WHERE YOU ARE, WITH OR WITHOUT YOURSELF IN THE PICTURE. IF YOU ARE EXPERIENCED IN RECORDING AUDIO YOU MAY WANT TO MAKE A FIELD RECORDING OF THE SOUNDS YOU HAVE OBSERVED.
- ABOUT HALF WAY ROUND THE WALK FIND A PLACE TO STAND OR SIT QUIETLY FOR 2 MINUTES (MAINTAINING SOCIAL DISTANCING). FOCUS ON THE DIFFERENT TYPES OF MOVEMENT YOU NOTICE, PHYSICALLY AND/OR METAPHORICALLY AND WRITE THEM DOWN/ DRAWN THEM/ MAKE A VOICE MEMO. TAKE A PHOTO OF WHERE YOU ARE, WITH OR WITHOUT YOURSELF IN THE PICTURE.
- NEAR (OR AT) THE END OF THE WALK FIND A STOP TO STAND OR SIT QUIETLY FOR 2 MINUTES (MAINTAINING SOCIAL DISTANCING). NOTE DOWN HOW YOU ARE FEELING AND TAKE A PHOTO OF WHERE YOU ARE, WITH OR WITHOUT YOURSELF IN THE PICTURE.